

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

MAY 20, 2005



Sgt. Joseph A. Lee

Mike Hendrickson, third baseman for the Sloppy Sampsons of Helicopter Training Squadron 301, stretches for the catch as a Marine Aircraft Group 24 base runner slides safely into third base.

Sloppy wins over MAG-24, 11-4

Sgt. Joseph A. Lee
Sports Editor

Marine Helicopter Training Squadron 301's Sloppy Sampsons defeated Marine Aircraft Group 24, 11-4 Monday night in intramural softball action at Riseley Field.

Monday's game started off quickly for the Sampsons of HMT-301, who were able to dart ahead to a 2-0 lead after the first inning, shutting MAG-24 out in the bottom of the inning, bringing HMT back up to bat in the top of the second.

After the first two batters found their way onto base with a single and a walk, right fielder Cameron "Mr. Pink" Pask brought one in on another single, while the following batter, left fielder Rick Dunn, pounded a

deep triple, bringing in two more and putting the Sampsons up, 5-0.

First baseman Mike Sanders Sr. was next at bat, and swatted a single to bring in Dunn. James Timmins, shortstop, batted a double, allowing the next two batters, Victor Velez and coach Tyler Gollahon, who both hit sacrifice flies to bring two more runs in at the close of a long Sampson side.

In the bottom of the second, MAG-24 managed to get two runners on base, but couldn't capitalize, as both were left stranded, and the Sampsons were invited back to the plate.

The top of the third didn't bring anything more for the Sampsons, as MAG-24 managed to keep them at bay. In the bottom of the third, MAG

managed to squeeze in a couple runs when Rory Chapin slammed a deep shot to bring in two runs, including himself. The Sampsons couldn't get the ball to home in time to catch Chapin, who was screaming around the bases for an in-the-park home run.

In the top of the fourth, the Sampsons added one more to the tally with an RBI double by Timmins, putting the score at 9-2, Sampsons. The bottom of the inning didn't last long for MAG, as their batters went down in order.

In the top of the fifth, the Sampsons batters were doing their best to get on the bags, but the bottom of the order couldn't do anything to bring them around the bend, and MAG had yet another

opportunity to make their strike. Chapin rallied behind his team, which closed out the inning two runs closer to the leading Sampsons, 9-4.

Pask and third baseman Mike Hendrickson both singled for the Sampsons in the top of the sixth, setting up Dunn and Timmins for a couple RBIs. Both Timmins and Dunn were able to knock in an additional run off singles, which raised the score to its final resting place at 11-4.

"We dominated," said Timmins. "Our bats were clinkin' just right, and our left-center fielder was able to make some key plays that made a distinct difference in the game's outcome."

"Mainly, I switched our batting order around," said Gollahon. "We had all of our big bats up front, and

after I spread the love a little bit, we were able to keep our rally in the second rolling with fresh bats throughout the order."

As the base intramural sports crowd settles down right in the thick of softball season, spectators are invited to view the games being played on back to back fields every weekday evening during the regular season.

"Everyone is out to have a good time playing softball," said Intramural Sports Coordinator Joe Au. "It's not as competitive as baseball, and the majority of the players just come out to enjoy the camaraderie and the spirit of the game." According to Au, the more spectators out there, the better time it is for all the players.

Pop Warner, Riseley fenced

Sgt. Joseph A. Lee
Sports Editor

Two fencing projects are underway on Marine Corps Base Hawaii's Pop Warner and Riseley Fields to better protect base assets and personal property.

The contracts totaled nearly \$100,000 for the two projects, and were awarded to Choice Fence out of Pearl City, Hawaii, in September of 2004. Choice Fence was scheduled to start the project April 1, and is scheduled to be completed before May 30.

"The fencing at Riseley Field was badly needed to keep the balls out of the barracks," said Joe Au, Semper Fit sports coordinator. "We have had a couple of balls that broke some windows in the past, so we are trying to keep it safe for the Marines who live there."

According to Au, the fence in the Riseley outfield has been raised from 6 feet to 14 feet in height. The fence can be seen on the left side of Lawrence Road as drivers approach the Mokapu Road intersection, coming onto the base from



Sgt. Joseph A. Lee

The 14-foot fence now installed at Riseley Field along Lawrence Road will better protect vehicles on the street, as well as those parked in the barracks parking lot.

the front gate.

"Now, when a homer is hit, it'll really have to be hit," said Au. "It'll be 325 down the lines, right and left, and 400 to dead center. With the 14-foot height, it'll take a good lick to get it out."

A few homers have been hit into the navy barracks parking lot this past year, with one ball hitting a car and putting a dent in it, and according to Au, the Marine Corps is doing everything they can to prevent these happenings next season.

The fence at Pop Warner Field is basically to keep all unauthorized people out of the area during football season, according to Au. Pop Warner field is located across Lawrence Road from Riseley Field, on the right side of the road as drivers approach the Mokapu Road intersection.

"In the past, we have had a lot of children playing their own game of football behind the goal posts while our game went on," said Au. "No matter how many times we told them to leave they would go back to playing as soon as we were out of the area. This should give us one more line of defense for keeping people off the field during the games."

Another important use of the fencing around Pop Warner Field, according to Au, is to keep people from parking illegally on the field or track during events that are held there throughout the year.

"When people park on the grass it damages the field, and it's a big eye sore," said Au. "People see the driveway entrance to the field, and assume that it is alright to park there. It was pretty inviting. But now, after the installation of the fence, we won't be having that problem anymore because the fence blocks it off."

Editor's Note: If your vehicle has been damaged by a baseball, call the Provost Marshal and your insurance company to get a report filed, and then follow up by contacting base legal.



Sgt. Joseph A. Lee

Tennis for tots

Alexis Merrill, a 5-year-old tennis player and student at The Caring Place, enjoys tennis practice Monday afternoon during her after-school tennis program. Summer Tennis & Fitness Camp begins June 13 and the one-hour classes go through Aug. 19. Sign-ups for children ages 5 to 16 will be accepted at the Tennis Shop, Building 1255, through June 1. There are three levels of camp children may participate in: beginner, intermediate and advanced. Prices range from \$20 to \$100 per week, depending on the level of instruction. For more information, call Connie at 258-8081 or 255-7873.

MCCS on the right track with RecTrac™

Yibeli Galindo-Baird
MCCS Marketing

Wouldn't it be great if Marine Corps Community Services could anticipate your recreation needs — based on the equipment, facilities and activities you most used? And if MCCS could increase the time you have to enjoy our services, regularly, wouldn't it make participating in a program that accomplished this all the more worthwhile? Then prepare to reclaim entertainment time that you've lost by filling out long and varied registration forms, by having to sign in on multiple screens or simply by having to re-register every time you sign up for a different activity on base. RecTrac™ is finally here!

RecTrac™ is an automated recreation management program being implemented by the Semper Fit Branch at Marine Corps Headquarters and MCCS Information Technologies. However, RecTrac™, which stands for Recreation Tracking Software, is more than just a computer program. With this new application, MCCS recreation facilities will be able to determine what equipment is being used most frequently, for example, or which facilities are seldom used.

In simpler terms, anytime a person uses a MCCS recreational facility, information on what he or she uses will be stored in a computer. RecTrac™ will keep a record of the cus-

tomers recreational wants and needs.

"We are looking forward to the kind of information that this system is going to provide us," said Michelle Asato, consumer affairs coordinator with MCCS Marketing. "With RecTrac™, we will more easily be able to figure out what is popular and worth continuing, and what programs need to be reconsidered. With comment cards, people tell us what they like, but with this program, we can actually see that what they say is true because concrete evidence is available." Asato said RecTrac™ will also be used to help the recreation facilities managers decipher the usage information gathered by the software.

MCCS personnel previously kept track of customer information by hand, but, according to Asato, with this system, all they will have to do is pull the ready-to-use information from the computer.

More important than the benefits it offers to MCCS are the rewards that RecTrac™ offers recreation activity patrons. After filling out a short, one-time registration form, patrons will only need to swipe their ID card through a card reader each time they come to the facility, thus tracking their visits. RecTrac™ has the ability to read all military ID cards using the bar code located on the card's back.

The computer will log in a visit and any

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Sgt. Joseph A. Lee

Luke point guard Travis Wilson (left), guards Robert Mitchell, K-Bay guard, as he dribbles past, April 12, at the Hickam Air Force Base Gymnasium. The RecTrac™ system will make tracking tournaments like this one a breeze for Semper Fit personnel and will streamline the process for both MCCS and its patrons. According to Joe Au, Semper Fit intermural sports coordinator, the new system helps out a lot.

BASE SPORTS

Today

101 Days of Summer — Give or take one or two days, this is the period of time we all know as summer. Memorial Day and Labor Day unofficially bookend this most popular season filled with fun and sun.

For the Marines and Sailors of Marine Corps Base Hawaii, 101 Days of Summer means flag football, races, BayFest, and volunteer opportunities, all with the goal of beating other units to the top of the summer heap.

The 101 Days of Summer Campaign began as a letter from the commandant on drug reduction. The goal of the program is to offer healthy alternatives to drug and alcohol use.

It has worked. Last year's positive urinalysis tests were down 24 percent from the previous year during the 101 Days of Summer campaign. Last year's top three units were MALS-24, Marine Corps Air Facility and Headquarters Battalion, in that

order. This year, who knows? Go for it. The 101 Days of Summer kicks off this year with a four-mile Fun Run, Friday.

For complete information on the 101 Days of Summer schedule for 2005 contact Dan Dufrene, the MCCS health promotions coordinator at 254-7636.

Friday

Volunteers Needed to Support Special Olympics — Almost 800 athletes are busy training and will compete with your help!

Volunteers are the backbone of Special Olympics and we need the help of Kaneohe's Marines to help to make this year's State Summer Games a success. More than 500 volunteers are needed to fill various positions including set-up, security, awards ceremony (in uniform), athlete physical assessments, operations, and breakdown. Visit www.specialolympicshawaii.org for

more information and access to a Day of Event Registration Form to make volunteering easy and convenient. Simply fax the form to 943-8814, e-mail the form back to volunteers@specialolympicshawaii.org, or contact Cindy Ujimori at 943-8808 ext. 27 for more information.

Ongoing

Eastside Juniors Bowling League Forming at K-Bay Bowling Center Lanes — Registration forms are now being taken for the Eastside Juniors Bowling League.

Starting June 11, and running through Sept. 24, this league will feature three games per week for 16 weeks. Registration is \$31 and is due by June 4. It includes prepayment for the weeks of June 11, Sept. 17 and 24, and a one-time \$10 sanction fee. The cost per week is \$7. Returning sanctioned bowlers pay only \$21.



The season ends with an awards Banquet on Oct. 1, in which all participants who paid in full will receive awards. For more information and to register, call the K-Bay Lanes Bowling Center at 254-7664.

Camp Smith Intramural Softball League Registration Now — Camp Smith athletics is currently accepting registrations for the Intramural Softball League. The league will begin on June 13.

Game days and schedules will be announced in the near future. Submit your team rosters to Camp Smith's Fitness Center, located in Building 2C, or call Angela Pittman at 477-0498 or 477-5197.

Semper Fit Center Offers Personal Trainers — For those looking to get in to a tailored exercise regiment, or for those just looking for some good advice on weight management and control, the Semper Fit Center offers free personal training consultation.



You can schedule an appointment with a trainer, who will take body fat, blood pressure, heart rate readings and more, and tailor a program based on your physical needs and ambitions. For only \$5 per workout, your trainer will actually train with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Aerobics Room Gets a Little Cooler — The Aerobics room at the Kaneohe Bay Semper Fit Center is getting a facelift! Air conditioners will be installed, which will impact class schedules.

The renovations will continue through May 31, but the room will only be closed on the weekdays. Aerobics classes will remain at the center, but held in different rooms.

Call 254-7597 for scheduling

information.

Campground and Picnic Sites — For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping.

Reservations are required. To reserve a camp site, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Semper Fit Center Offers it All — The Semper Fit Center has an aerobics class for anyone and everyone trying to meet fitness goals.

Check out as many of the following programs as you would like: Yoga, Cycling, Tai Chi, Cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and much, much more.

For class information, call the Semper Fit Center at 254-7597.

Fishing Charters Available at MCB Hawaii — Spend the day aboard one of Bill Collector's Fishing Charter boats.

Bill Collector (formerly Mahalo Kai) has been serving MCB Hawaii since 1992, offering a day of fishing in the bountiful waters off the Windward side.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Inexpensive, Fun Entertainment — Look no further for economical entertainment Mondays through Thursdays at the K-Bay Lanes where all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game.

This discount is good for open play, but does not qualify for tournaments, leagues or unit functions.

For more information, call the K-Bay Lanes at 254-7693.

Semper Fit Group Exercise May 2005

Monday 8:45 – 10 a.m. — Step 2 It 11:45 a.m. – 12:15 p.m. — Gut Cut 4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty) 5:45 – 6:45 p.m. — Kick Interval 6:45 – 7:45 p.m. — Pilates	Thursday 6 – 7 a.m. — Cycling (\$3/Free to active duty) 8:30 – 9:30 a.m. — Muscle Conditioning 11 – 11:30 a.m. — H.I.T.S. 6 – 7 p.m. — Bodyworks
Tuesday 6 – 7 a.m. — Cycling (\$3/Free to active duty) 8:30 – 9:30 a.m. — Muscle Conditioning 9:30 – 10:30 a.m. — Yoga 11 a.m. – 11:30 p.m. — H.I.T.S. 6 – 7 p.m. — Bodyworks	Friday 6 – 7 a.m. —Hatha Yoga 8:45 – 10 a.m. — Step 2 It 11:45 a.m. – 12:15 p.m. — Gut Cut 4:45 – 5:45 p.m. — Cycling (\$3/Free to active duty) 5:45 – 6:45 p.m. — Pilates
Wednesday 6 – 7 a.m. — H.E.A.T. 8:45 – 10 a.m. — Step Challenge 11:45 a.m. – 12:15 p.m. — Gut Cut 4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty) 5:45 – 6:45 p.m. — Cardio-Kick 6:45 – 7:45 p.m. — Pilates	Saturday 9 – 10:30 a.m. — Step & Tone

Note: A book of 10 single-class coupons for \$2 each can be purchased for \$15 at the Semper Fit Center.

COMMUNITY SPORTS

2005 Sports Car Racing Gears Up

The Hawaii Region Sports Car Club of America will host six major races in 2005 and Solo II races on Oahu and Maui.

Solo II, or Autocross, is held at the Hawaii Raceway Park at Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars, from stock vehicles to race cars, usually compete. The event is purely amateur, but anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

Points acquired throughout the year accumulate for prizes and trophies presented at year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship.

Races are scheduled as follows: June 5, July 3, Aug. 14, Sept. 18, Oct. 2, Nov. 13 and Dec. 26.

For more details, call Curtis Lee at 262-5987.

The Wheel-to-Wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver's school to obtain a competition license, as the cars are raced at speeds of up to 140 mph and passing is permitted. Both the driver and vehicle must comply with a number of safety features before they are granted race entry. Future races will be on the following dates: July 10, Sept. 5 and Nov. 26.

For more details, call Ed Hollman at 488-1782.

MPRRC to Host 10k Run

The Mid-Pacific Road Runners Club will host a 10k run at Schofield Barracks, Sunday at 6:30 a.m. MPRRC members pay only \$2 to register; the general public pays \$5.

Runners can register online at www.active.com or sign up on race day. Directions to Lehua School are available at www.mprrc.com/cdphbikepath.html.

Bikefactory to Host Triathlon

Mokuleia Beach Park on Oahu's North Shore will be the setting of the Tarlavsky's North Shore Triathlon 2005, May 28. The race will begin at 6 a.m. and consist of a 400-meter swim, 10-mile bike ride and a three-mile run.

The race is in honor of Army Capt. Mike Tarlavsky, who was killed in Iraq, Aug. 12, 2004.

Classic beverage stein awards will go to the top three finishers in each individual division and mugs will go to members of top three teams in each division.

Individual divisions include: elite, age groups in five-year increments and military for both men and women. Relay divisions include: men, women, military and mixed.

North Shore residents may pick up packet at Mokuleia Beach Park on Friday, from 4 to 7 p.m. Honolulu residents may pick up their packet at Boca Hawaii, 330 Cooke St. (behind Bike Factory) Sunday and Monday, from noon to 4 p.m. Please make every effort to come to packet pickup; there will be a \$5 charge to pick up your packet on race day.

Registration costs are \$60 per individual and \$100 per team. Check-in and race marking will

be held on race morning from 4:30 to 5:45 a.m. Volunteers are welcome and will receive a shirt and refreshments. For more information, call Chris Gardner at 372-8885.

Mango Days 5k to Benefit The Leukemia and Lymphoma Society

Mango Days 5k course is completely contained in beautiful Ala Moana Beach Park. All proceeds support The Leukemia and Lymphoma Society in finding a cure for blood cancers. The race kicks off June 5 at 6:30 a.m.

Registration fees are \$20 for individuals and \$20 for the baby jogger division. A post-race breakfast banquet will be held at Compadres for \$8. Banquet is limited to 300 people.

Register online at www.active.com through June 2. Packet pick-up is June 4 at Niketown Honolulu. Overall awards will be given for the top three male and female, overall masters male and female, and in 10 year age categories, three deep. There is also an additional category for baby joggers that will include prizes, compliments of Stroller Strides.

Hawaiian Half-Marathon

The 5th Annual Hawaiian Half-Marathon will start at 5 a.m. on June 12 at Ala Moana Park Drive next to the Waikiki Yacht Club. Participants should be at the start by 4:45 a.m. The five-mile walk will start at 7 a.m. on Monsarrat Avenue, in front of the Waikiki Shell.

Race packets can be picked up at the Running Room, 819 Kapahulu Ave., June 10, from 4 to 7 p.m., or at Runners Hawaii, 98-390A Kamehameha Hwy., June 11 from 9 a.m.

to 4 p.m. Friends or relatives may pick up packets with a valid ID.

Parking will be available in the Magic Island parking lot, only until 4 a.m. No vehicles will be allowed to enter or exit Ala Moana Park after 4 a.m. No parking will be permitted on Ala Moana Boulevard or Ala Moana Park Drive. Parking will be permitted in the Waikiki Bandstand and Waikiki Shell parking lot. The Honolulu Zoo parking lot will also be available. There will be a clothing drop off at the entrance of Magic Island and all clothing must be picked up at Kapiolani Park no later than 9 a.m.

Restrooms will be available at the start area; however, it is recommended that you use the restroom at your home or hotel prior to coming to the race. Also, drink plenty of water 24 hours prior to the race.

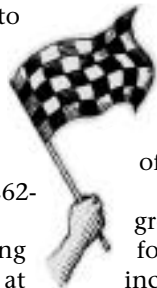
Water aid stations will be approximately every two-and-a-half miles along the race. Should you need medical assistance, medical personnel will be available on duty in the finish line area. Upon completion of the race, proceed to the bandstand area for refreshments and the awards ceremony, which will be held at approximately 8:30 a.m.

For more information, send an e-mail to HawaiianHalfMarathon@kihnhl.com, or to volunteer, call RRR Productions, LLC at 923-0492.

Hawaii Marine Accepts Briefs

Advertise sports and recreational activities of interest in the *Hawaii Marine*.

E-mail items to editor@hawaiimarine.com or fax items to 257-1289.





The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

Say it ain’t so, Joe!

Sgt. Joe Lindsay
The Goat

There is necessarily a mixture of emotions when discussing the present Joe Paterno situation at Penn State. Paterno is more than just a living legend as a football coach.

He is a humanitarian, a philanthropist and a great man, on and off the field. He has dedicated his life to Penn State, his players past and present, his family and the community. There is not a bad thing you can say about him as a human being.

What Paterno has done for Penn State cannot be measured in terms of the National Championships he has won (’82, ’86); the 20 finishes in the top 10 of the national rankings; the 343 wins (’66–’04); the five undefeated seasons (’68, ’69, ’73, ’86, ’94); the 74.5 winning percentage; the 20 major bowl victories; the 100,000 plus crowds that fill Beaver Stadium for every home game, or the 250-plus former players who have gone on to play in the NFL. Admittedly, the list could go on and on regarding Paterno’s accomplishments. And what’s more, he has done it all with honor and class.

Joe and Sue Paterno have five children. All of them are Penn State graduates. The Paterno’s have donated millions of dollars of their own money to educational programs at the university.

After all this, Paterno said, “Penn State has been very good to both Sue and me.”

Paterno recently signed a contract extension at Penn State that will take him through the 2008 season, and to his 82nd birthday. He first started coaching at the

See GOAT, C-5

Capt. K.D. Robbins
The Professor

Sadly, there is a new breed of sports fan. Yes, the generations have passed. Gone are the days of loyalty, rooting for a team or finding the best in a season, which brings the readership to this week’s insanity, otherwise known as The Goat’s “Bottom Line.”

Applauding his analysis of Paterno’s career is fair. However, his analysis of his retirement is lost.

Does Paterno want to go out on top? Of course. Is he naive enough to believe that the latest den of Nittany Lions has the magic to do the unthinkable of the past?

No. Paterno is unquestionably one of the smartest in college football. His knowledge of the game is dwarfed only by his knowledge of life.

In the 1960s Paterno developed a philoso-

See PROFESSOR, C-5

phy to coaching college football known as the “grand experiment.” He integrated academic and athletics in what he considered the complete collegiate experience.

Under Paterno’s grand experiment, he held his student athletes to a standard higher than any college football program. He feverishly opposed the “dirty” recruiting tactics employed by the “greats” who infected college football names that included convicted recruiting violators Barry Switzer and Jackie Sherill.

He taught his athletes to “win” with class. Taunting was prohibited. Celebrations were taboo and failing to graduate was simply not an option.

Thus, Paterno’s players became “winners” in life, not just on the football field — a tradition that continues today.

Readers Strike Back

“The Rocket will return to New York where ... the purse is a little bigger.”

Dear Bottom Line,

In response to the rumors and hearsay of The Rocket’s possible trade negotiations and retirement, I believe to be much truth involved.

Yes, Roger Clemens has done some recent moving around, shifting his balance for his own gain, whether it be for money, championships or family.

I think that Clemens still has much love and respect for the game of baseball

itself.

At 42 years of age, a pinnacle for most professional athletes, there is a great possibility of retirement, but no one wants to go out on a sour note.

In light of recent events in which Emmitt Smith resigned from the Dallas Cowboys just to retire, I think that Roger may think twice about doing so himself. He doesn’t receive the same warmhearted welcome in Boston as Smith did in Dallas.

While wearing the pinstripes, Clemens was booed by his former fans whenever he returned to Fenway.

I think that if any move is made, The Rocket will return to New York where he is welcomed and the purse is a little bigger.

Baseball will not be the same without him, but will prosper nonetheless.

*Craig Siwarga
Charlevoix, Mich.*

“

quotable

”

“Success without honor is an unseasoned dish; it will satisfy your hunger, but it won’t taste good.”

— Joe Paterno; Penn State football coach

Marine won’t retire his gloves



Master Gunnery Sgt. Mike Phillip (left) accepts a framed dress blue coat, adorned with all of his medals, as a retirement gift in appreciation for his 30 years of faithful service to the Marine Corps, from Sgt. Maj. J.D. Williams.

Pfc. J. Ethan Hoaldridge

Pfc. J. Ethan Hoaldridge
Combat Correspondent

CAMP H.M. SMITH, Hawaii — When walking down the hallways at Marine Forces Pacific, a junior Marine might feel intimidated by all the stars, bars and chevrons on the collars of senior officers and enlisted personnel. That feeling is immediately cast aside, though, when Master Gunnery Sgt. Mike F. Phillip pats you on the back and gives a motivating “Oorahh.” Phillip, the MarForPac Communications Branch operations chief, retired April 12, concluding more than 30 years of service to the Corps, most of which was spent dedicated to mentoring and guiding junior Marines and youth either on the drill field, in his office or through volunteering in the community. His many accomplishments in the Marine Corps give Phillip the ability to

use his experience to help guide junior Marines in many different ways. Phillip has held many boxing titles during his career. He was an All-Marine Boxing Champion, Golden Gloves Champion, California State Champion and he was a member of the U.S. boxing team for certain events. He took his passion for boxing and started coaching some of the Marines from his office and some youth outside of the military. He also coaches track, and has volunteered his time for the past 10 years to the Special Olympics. Another achievement he’s had in the Marine Corps was two tours on the drill field. During his first tour he went from drill instructor to series gunnery sergeant, and during his second, because of his skill and knowledge of drill, he became a regimental drillmaster. “I was made to be a drill instructor,” said Phillip. Phillip’s competitive spirit and achievements in boxing, coaching and on the drill field play a big part in his relationships with young people. Phillip has led by example maintaining a perfect physical fitness test average for most of his career. Phillip likes to challenge his Marines through physical training. “Master Guns would come to physical training with our shop, when it was only required of sergeants and below,” said Lance Cpl. John Chang, an information technology procurer, MarForPac G-6. “He would use that to show us how to lead by example.” “It’s lonely at the top,” said Phillip. “I like being down in the trenches with my young Marines because of the spirit of competition. If they have a 290 for the PFT, I can come back and say, well

See GLOVES, C-7

Breast cancer awareness highlighted by medical professionals in May

Seaman Heather Weaver
National Naval Medical Center

BETHESDA, Md. — During Breast Cancer Awareness Month in May, health care providers at the National Naval Medical Center are reminding women that early detection is a key to survival. Every three minutes, a woman is diagnosed with breast cancer, which is now the leading female cancer diagnosis, according to the American Cancer Society. “Early detection is your best protection,” said Barb Ganster, a nurse case manager for the hospital’s Breast Care Clinic. “The sooner we can detect it, the sooner we can treat you.” Early detection can be tricky, but the breast care center staffers recommends a process women can follow to protect themselves. “Our first recommendation is for women to do a breast self-exam on a monthly basis one week after starting their menstrual cycle,” Ganster said. “If post-menopausal, women should choose one day each month to do the exam.” Self-exams should start in a woman’s early 20s, according to the American Cancer Society. To perform a breast self-exam, a woman should lie on a flat surface and place a pillow or folded towel under her left shoulder. She should place her left hand behind her head, making sure her shoulder is raised high enough for her left breast to be centered on top of her chest, falling neither to the center nor toward the armpit. According to Dr. Prabhavathi Nama, a medical consultant for the Women’s Health Committee at NNMCMC, this arrangement distributes the breast tissue as evenly as possible and makes it easier to feel for lumps or abnormalities. The best way for women to check themselves is to use two or three fingers and use the sensi-

tive, flat inner surfaces of her fingers, according to Nama. The American Cancer Society suggests the vertical-linear method of breast self-examination. Start the exam in the underarm area and move fingers downward until reaching the area below the breast. Move fingers slightly to the right, then examine tissue back up toward the top of the breast. Continue this motion until the whole breast is examined, feeling for any masses or change in the breast tissue. “It’s important women examine the entire area around their breasts,” Ganster said, “including the armpit.” Breast cancer does not always appear as a lump, Ganster said. Women should also stand in front of a mirror with their hands behind their heads looking for abnormal skin changes in the breast or armpit during the monthly self-examination. They should also be aware of nipple-fluid discharge, rashes, inflamed skin and any other abnormality. Women over 40 should have a mammogram annually. A woman with a family history of breast cancer should begin mammograms 10 years prior the family member’s age at the time of diagnosis. Ganster also recommends that men who have a family history of breast cancer also be aware of any changes, because they can also develop the disease. “If any abnormality is detected, the woman [or man] should see a health care provider immediately,” said Ganster. At NNMCMC, the Breast Care Center can schedule an appointment within 72 hours. No referral is needed. For related news, visit the National Naval Medical Center Navy NewsStand page at www.news.navy.mil/local/nnmc/.



Seaman Heather Weaver

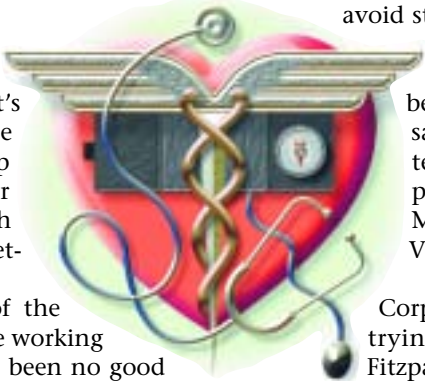
Imaging Specialist Barbaranne Foster, reviews a patient’s X-ray in the Bethesda Medical Center’s new collocated Breast Care Imaging Center. According to the National Cancer Institute, Breast cancer is the most common type of cancer among women in this country, other than skin cancer.

No good news to report on tobacco

Carole W. Butler
www.lifelines.usmc.mil

It's so romantic. He leans slowly towards her. Shyly, she turns her cheek for his kiss. No, wait. She's turning away from his gross yellow teeth, his foul tobacco breath. If you want romance, tobacco is not your friend. Tobacco isn't pretty: showering ashes, stinking butts, choking smoke, burning holes in your uniform, spitting out chew juice, or, worse, swallowing it. And it's not cheap: \$3, \$4, (\$7 in New York) a pack. At \$4 a day, that's \$1,460 a year. A nicotine mistress quickly burns up your cash, leaving little for dinner and a movie, much less savings for your sweet-heart's engagement ring. Since the Department of the Navy announced smoke-free working and living spaces, there has been no good news for Navy and Marine Corps personnel who are slaves to nicotine. Ironically, nicotine can be used to help smokers become non-smokers. "The nicotine patch, gum, and nasal spray are all safe, if used properly," said Capt. Larry Williams, Dental Office, Naval Training

Center, Great Lakes. "There are no safe forms of tobacco." Dip, chew, snuff, cigars, cigarettes, herbal cigarettes — smoked, chewed, inhaled (directly or indirectly) — are all bad news for personnel using tobacco. When Williams addresses recruits at Great Lakes, Ill., he tells them about smokeless tobacco ingredients: trash from the cigarette production floor, dead bugs, and feces. "Very appetizing," he mocks. "I ask them, 'Do you want to kiss somebody that had this in their mouth?'" Then there's secretly spitting the disgusting stuff into a soda can — or swallowing it — to avoid standing in lines for the smoking deck. "They think dip is less harmful, mistakenly, because it isn't less harmful," says Alice G. Fitzpatrick, registered nurse, Tobacco Cessation program manager, Naval Medical Center, Portsmouth, Va. Advising Navy and Marine Corps personnel and their families trying to quit using tobacco, Fitzpatrick points out the thousands of chemicals (including insecticides and formaldehyde) consumed from smoke or smokeless tobacco, as well as the stress tobacco consumption places on the human body: liver disease, lung cancer, cancer of the mouth, rotted teeth, stroke and heart disease.



Maintaining the healthy deployment-born habits

Jennifer Hochlan
www.lifelines.usmc.mil

Remember your feet? Nice to be reacquainted, isn't it? It can be tricky continuing the battle of the bulge once your spouse returns home from deployment. But it isn't impossible. It just takes some determination and self-control. You've made it this far; you can overcome this hurdle, too.

Setting goals

Just because your hubby is back from afloat doesn't mean your life ends. Continue to set goals for yourself. Talk with your spouse about what you want to achieve. Here are some tips to goal attainment:

- Write down your goals. Go over your list with your spouse.
- Develop a timeline. It isn't enough to say, "I want to lose 30 pounds before Thanksgiving." Break it down into mini-goals. A more specific goal is "I want to lose 10 pounds over the next two months."
- Take it one step further; write down exactly what you need to do to achieve your mini-goal. How you will eat (keep a food diary), how often you will exercise, etc.
- Reward yourself with something new (like a new pair of shoes, new scarf, that

great red sweater that will fit you now) each time you reach a mini-goal.

Working out the workouts

Once you have your goals and have shared them with your spouse, develop a lifestyle plan that will work for both of you. Be certain it includes your goals and your spouse's goals. It is important that no one be left out of the process.

Develop a workout schedule that allows both of you to get in the required amount of exercise per day. Maybe you will work out together after dinner. Maybe he works out in the morning, while you watch the children, and you work out in the evening, while he watches the children. Make sure it fits into your life and its many demands. Otherwise, you won't stick with it.

Find an activity to do on the weekend that gets you out of the house. Weekends tend to be hardest for people to stick with the plan. It's the time for barbecues and parties, dinners and movies. An occasional bag of popcorn and a hot dog won't kill you, and getting out and about will benefit you in the long run. Set aside one day for some-

thing physical, such as hiking in a National Park, walking by the ocean, or biking around town. You will be amazed at what some fresh air and getting sweaty does for your marriage.

Handling the hoover

Ever notice your spouse can always win the pie-eating contest and not gain an ounce? Meanwhile, you sit on the sidelines cheering him on, and you gain 5 pounds. You're not alone, scale-scrutinizing sister. Don't hate him for his metabolism. The beer gut is only a few years away. Fend it off with these healthy eating tips for two:

- Restaurants. Have the waiter box up half your meals before you begin eating. This way you won't be tempted to overeat and you'll have lunch for the following day. Better yet, ask if they offer half-portion (not always on the



GOAT, From C-3

school as an assistant in 1950, when Harry S. Truman was president, before taking over as head coach in 1966. Penn State has had only five losing seasons since Paterno joined the staff in 1950. The problem is, four of those losing seasons have occurred in the past five years, including a 3–9 mark last year, Paterno's worst in 39 years as head coach. The Nittany Lions also went 1–7 in the Big Ten, and didn't win a road game for the first time since 1936. Nobody is going to fire Joe Paterno, and rightfully so. However, Paterno would have been well served years ago by looking to his counterpart in another sport — John Wooden. The legendary UCLA basketball coach stepped down in 1975 after winning his 10th National Championship. Wooden went out the way he

PROFESSOR, From C-3

The problem with that tradition is that as Paterno continues to hold his players to a standard, his players fail to live up to that standard. Furthermore, his program has fallen into an abyss. So, as we look at today's athlete, and in this case, today's sports fan, ask who is truly at fault? Is Joe Paterno? No. It is those who fail to live up to his standard.

was supposed to — as a winner. Paterno understandably would like to do the same thing. Nobody was going to fire John Wooden either, no matter how long he stayed. But the reality is, if the "Wizard of Westwood" would have continued to coach until his 82nd birthday in 1992, without his earlier success, there would no doubt have been sports columnists calling for his head.

Bottom Line: Paterno probably won't get the storybook ending everybody wants for him. In fact, he definitely won't. But no matter how the next few seasons go, the man affectionately known as JoePa by the Penn State community will go out a winner — as both a man and a coach. Unfortunately, the team and everyone else associated with it during this era of decline will go out as losers. Penn State is flat out horrible.

Bottom Line:

To call Penn State football "horrible" is ludicrous. To pay an insane statement like that any mind is journalistic irresponsibility. Penn State football is an outstanding program that is playing horribly.

That said, a blue-chip recruiting class, headed by burners Justin King and Derrick Williams, complemented by a nationally top-ranked defense gives Paterno supporters hope. More importantly, it gives Paterno the opportunity to right the ship — his way.

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SPORTS AROUND THE CORPS



Cpl. C.J. Yard
Lance Cpl. Robert Walker, an administrative clerk with Headquarters Company, Combat Logistics Battalion 8, 2nd Force Service Support Group (Forward), watches intently as the instructor for the “Killer Abs” class demonstrates the next exercise. Walker, a 32-year-old native of Peoria, Ill., said he likes to work out — citing he just doesn’t like to be fat, as his main reason.

Marine keeps fitness a part of his future

Cpl. C.J. Yard

2nd Force Service Support Group (Forward)

CAMP FALLUJAH, Iraq — For a Marine who has earned two degrees from Southern Illinois University at Carbondale, he has no qualms about doing administrative work for his four-year enlistment.

Lance Cpl. Robert Walker, a Peoria, Ill. native, graduated from college at the age of 30 with a degree in radio and television production and another degree in photojournalism. Due to the lack of jobs in the civilian sector and having crossed off almost everything on his “to do” list, Walker looked into joining the military.

“When I originally talked to the recruiter, I wanted to do combat photography,” said the 32-year-old administrative clerk. “Unfortunately the (Military Occupational Specialty) was closed, and I wanted to ship out to boot camp as soon as possible. I knew administration like the back of my hand from the years I worked at a hospital.”

Walker was hired full time at a hospital in Illinois right after high school and saw it as a good opportunity to work and save money for college. Once in college he joined the fraternity Sigma Phi Epsilon, boasting the Greek letters on his ankle.

“That’s where I learned to clean so well,” said Walker, smiling. “We always had to clean up the house after the weekend of partying.”

According to Walker’s roommates, he’s meticulous about cleaning their room as well.

“It doesn’t matter if we clean it, he’s always going behind us and redoing everything,” said Lance Cpl. Brandon Myers, an administrative clerk and native of Canton, Ill.

Myers and Lance Cpl. Joseph Delicino, a Pacifica, Calif. native, also an administrative clerk in the battalion administration shop, claim they even get him to play Microsoft

Xbox once in awhile, but he usually quits early to work out.

When not working in the administration shop, Walker can usually be found in the gym, sweat pouring off his clean-shaven head, working out and attending the “Killer Abs” class taught here, saying that he just doesn’t like to be fat for his own reasons.

“I usually try to work out everyday,” said the former college cheerleader. “You have to be in pretty good shape to do that. Besides, you can’t take your shirt off at the club if you’re fat!”

However, Walker found that being able to do a two-minute floor cheer routine and run were two different types of being in shape.

“I could do a floor routine and not even be winded,” said Walker. “But I couldn’t run for nothing. My roommate, before I joined, was in the Army, so he and I would run. Once I got to boot camp, all the other recruits were telling me not to beat the drill instructors. I was like, ‘I can’t help it,’ I was just running.”

Walker also takes his personal time to help Marines to better themselves, said 1st Lt. Lauren Diana, Headquarters Company commander and Westerville, Ohio, native. According to Diana, he motivates the Marines here. He always keeps the Marines’ spirits high.

Coming to Iraq with Combat Logistics Battalion 8, 2nd Force Service Support Group (Forward), Walker had an idea of what to expect after working for the sergeant major and the company commander of his current unit while stationed at Camp Lejeune, N.C.

“I had worked with Sergeant Major Ainsworth and Lieutenant Diana before,” said Walker. “I thought, ‘Well, if they’re going, then I should go too.’”

“I hand picked Lance Cpl. Walker because in a deployed environment, you need a strong shop,” said Diana. “I needed somebody who is strong in the administrative and legal aspects of an S-1. He can do all the functions of the administration shop. Whatever I task him with, whether he knows how to do it or not, he can get it done because he will figure out how to do it. He catches on very quickly.”

According to Walker, he will use his experience in the Marine Corps to help him with his future plans to attend law school.

See WALKER, C-7

Marines clean up and learn to surf

15 volunteers and their families help in beach cleanup

Cpl. Edward R. Guevara Jr.

Combat Correspondent

MARINE CORPS RECRUIT DEPOT SAN DIEGO, Calif. —

Marines, Sailors and family members recently surfed and cleaned up Pacific Beach during a depot Single Marine Program outing.

Early risers assembled at Crystal Pier, and SMP coordinator Britney O’Connor said 15 volunteers showed up.

Carrying large white trash bags and wearing latex gloves, the cleanup crew combed more than 800 yards from the pier to Pacific Beach Surf School. Volunteers stuffed 11 bags and discarded them in the beach’s garbage drums.

Petty Officer 1st Class Omar Chavez, a depot hospital corpsmen, brought his 4-year-old daughter Alexi, who threw trash into the bag her father carried.

After the cleanup, Pacific Beach Surf School gave seven Marines two-hour surf lessons, which were discounted to \$20 apiece after O’Connor used SMP funds and the school took \$30 off a \$70 value.

“It was great to see the Marines in the community,” said O’Connor.

She said it was a beautiful day and everyone had a great time.



Cpl. Edward R. Guevara Jr.

Sgt. Shannon A. Vaughn rides a tiny wave after a two-hour surf lesson by Pacific Beach Surf School instructors. Vaughn joined six other Marines for the discounted lessons.



Cpl. Edward R. Guevara Jr.

Cpl. Kyle Ochoa, a depot finance clerk, tries to get the hang of surfing after a recent lesson at Pacific Beach.

Boxer renovates gym

Airman Rudy Polach

USS Boxer Public Affairs

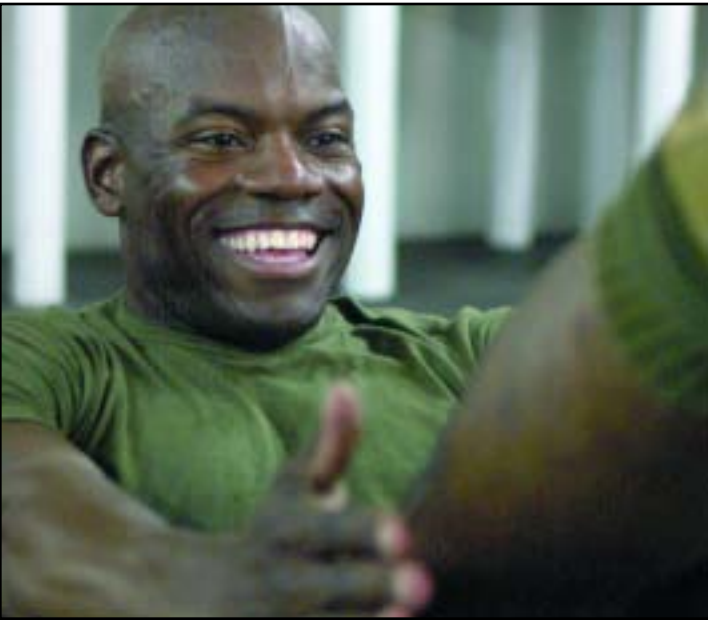
ABOARD USS BOXER — Amphibious Assault Ship, USS Boxer, made fitness more accessible by completing the replacement of old workout equipment, April 25, with new state-of-the-art-gear in the gym. The Bureau of Naval Personnel funded Boxer with \$120,000 to purchase much-needed equipment to replace most of the old gear.

“There is more of a variety of equipment, and since the equipment is in better shape, it helps beginners not feel as much stress and strain as the old equipment did,” said Petty Officer 2nd Class Carlos Barajas, a fire control technician.

Boxer’s new gym equipment is just one of many ways, along with available nutrition information for food served aboard and available health and weight management counseling from the ship’s Fit Boss, to help Sailors stay within Navy fitness standards.

“The crew’s feedback on the changes to the gym and the new equipment has been extremely positive,” said Fit Boss, Tim Piepho. “The Sailors and Marines who utilize this new equipment will find their attitudes, energy and quality of life improved quickly.”

For related news, visit the USS Boxer (LHD 4) Navy NewsStand page at www.news.navy.mil/local/lhd4.



Cpl. C.J. Yard

Walker enjoys doing some sit-ups during the “Killer Abs” class.



Pic. J. Ethan Hoaldrige
Master Gunnery Sgt. Mike Phillip (left) speaks with Lance Cpl. Jasmina Rosemeyer after his retirement ceremony.

GLOVES, From C-4

I have a 294.”

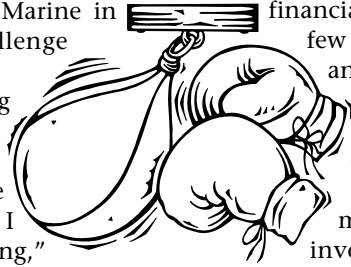
“The Marine Corps is my family, and young Marines are my motivation,” he continued.

Phillip and a junior Marine in his office would challenge each other all the time.

“We would be sitting across from each other, and Master Guns would say he could out run me on the PFT, but I knew I could smoke him sprinting,” said Chang.

“He would even give advice about women, how to be successful in the Marine Corps and life in the fleet,” he continued.

“He would tell me that you don’t have to be the smartest Marine to be successful in the Marine Corps,” said Chang. “(You



just have to) know how to network with your fellow Marines and accomplish the mission.”

Phillip would also take time out of his schedule to listen to a Marine’s problems.

“Every time I would have a personal or financial problem he would (take) a few minutes just to listen and try and understand my situation,” said Lance Cpl. Diego A. Rodriguez, an administration clerk, MarForPac, G-6.

Even though he’s leaving the military, Phillip still plans on involving himself with guiding young people.

“When I get out, I plan on teaching at a high school (Junior Reserve Officer Training Corps) program on the East Coast,” said Phillip.

His career in the Marine Corps is coming to a close, but his willingness and ability to lead and mentor youth will go on.

RECTRAC, From C-2

other pertinent information that can help MCCS improve that person’s experience at that facility.

It gets better. With RecTrac™, once you have signed up at one facility, your information becomes part of the database that is shared by all recreation facilities. When you go to another locale, re-registration is not required. Best of all, active duty personnel are already in the system, so they do not need to fill out the initial registration form. Only family members and anyone who is not on active duty and wants to use the facility will need to fill out a registration form.

For example, if you register your daughter with Aquatics for their Summer Swim Program using RecTrac™ at that facility, you will fill out the one-time form at that time. Then, when she later decides to join the Eastside Junior Bowling League at K-Bay Lanes, all you will have to do is pay for the league without having to fill out a new registration form, because all the data usually collected on those forms will already be in the system. The time that you normally would have had to spend filling out another registration form can now be actually spent bowling a little longer that evening. Each time your daughter attends either facility, she will only have to swipe her card and go right in.

MCCS is currently installing this software at K-Bay and Camp Smith. As the program is installed, patrons will be asked to fill out the initial form for registration into the RecTrac™ system. Since the registration form includes the patron’s social security number, MCCS personnel will ensure that the necessary security measures are in place. Once a social security number is in the system, neither MCCS personnel nor managers can view the number

again. Also, if a Marine receives orders to another base, the information can be saved onto a diskette that the Marine can take to his or her new duty station.

MCCS began installing RecTrac™ in mid-May at various facilities and expects the system to be fully operational at all recreational sites on base by the end of the month. See the side bar for a list of MCCS locations at which RecTrac™ will be available.

K-Bay and Camp Smith are not the first bases to implement RecTrac, said Connie Schaefer, RecTrac™ coordinator at MCCS Headquarters. In fact, the MCCS division here is one of 21 bases to implement the system. The system was originally tested in late 1999 at Marine Corps Base Quantico, Va., with implementations beginning in late 2000. Various bases saw positive results such as renovated locker rooms and fitness facilities at Miramar, Calif., additional mountain bikes for rental at Cherry Point, N.C., and MCCS-sponsored trips to local events previously not offered at several bases.

Although the system is expected to be fully operational by the end of the month, MCCS representatives warn that inputting everyone’s personal information will take time.

In an effort to reduce the amount of time you spend at the facility registering — instead of engaging in the activity you came to enjoy — you can bring a completed form with you when you register. Forms are available in this publication, in the June Activities publication, electronically in the base-wide e-mail that was sent out last week, or you can pick up a form at the front desk of the recreational facility of your choice. Although customers will spend five minutes filling out the form, they may save time in the long run — saving time spent signing for and purchasing products and services. MCCS personnel ask for your patience

while all implementation and day-to-day integration of tasks are perfected.

If you have not already experienced RecTrac™ for yourself, visit your favorite recreation facility in the coming weeks and get registered. With RecTrac™ coming online, customers will receive better service from MCCS, an organization that strives to improve the quality of life of all personnel at MCB Hawaii.

For more information, contact your favorite MCCS recreation facility.

MCCS RecTrac™ Participants:

- Semper Fit Center (K-Bay and Camp Smith)
- Aquatics (3 pools)
- Single Marine & Sailor Program
- Klipper Golf Course
- Staff NCO Club
- K-Bay Lanes Bowling Center
- Auto Skills Center
- Marina and Outdoor Recreation
- Self-Storage Lockers
- Information, Tickets and Tours (K-Bay and Camp Smith)
- K-Bay Base Theater
- Recreation Center (Camp Smith)

HABITS, From C-5

menu).

- At home. Start dinner with a fresh salad. The prepackaged salads are just as good and have been pasteurized, so there is no need to re-rinse. Just tear it open and throw in a bowl. Chop up some veggies and munch away. Toss with a great vinaigrette or other low-fat dressing, and leisurely eat and talk with your spouse. Some nights, you may not even be hungry for the main course.
- Educate yourself about portion sizes.
- Keep healthy foods on hand and ready to eat in case of munchie emergencies.
- Good food isn’t just bean sprouts and tofu.

Learn how to create healthy and satisfying meals for you and your family.

Who Can Help on Base?

Most major bases have a registered dietician available to anyone who asks. Talk with your primary physician for a referral. Together, you can develop a healthy eating plan and exercise schedule that fits your needs.

Many gym facilities on base also have a physical trainer on hand to help you design an effective workout regimen. Consult with your physician first, so you know your limitations, and then schedule a meeting with the trainer. Discuss your goals and your time schedule. Most gyms offer everything from free weights to kickboxing to spinning (a bike machine that doesn’t go anywhere).

Changing to a healthy diet from a fast-food diet or a meals ready to eat diet will take some adjusting. It is important not to cut out everything you love from your diet. Enjoy an occasional ice cream cone. Share a large fry some Friday night. And you can’t shock your spouse as soon as he sets foot on soil. Introduce new, healthier foods gradually.

Remember, fad diets are just that: fads. You may be able to loose 20 pounds in a month eating hamburgers without the buns, but it isn’t best for the long run.

Just like you wouldn’t be caught dead in those red, pink and orange striped leg warmers (hey, you know you still have them). Believe that your health is worth more than that. Follow the Food and Drug Administration food pyramid that is recommended by your physician and develop a safe workout plan that fits your life.

WALKER, From C-6

“I’m going to have a little edge when I finally get to law school,” he said. “I already know a little bit about it, and the processes of some if it because of the legal side of my job.”

“I know that Lance Cpl. Walker has talked about going through (Officer Candidate School) on a legal contract because he wants to be a lawyer,” said Diana. “I think he would make a great lawyer in the Marine Corps.”

For more information about the Marines reported in this story, e-mail cssemnfpao@cssenf.wiraq.usmc.mil.